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Dear Ms. Topper,

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I wish your Newzyletter were as cute as your name. I'm referring specifically to the section on Pain, June, 2001...how pain medicine is important to one's life. Did you ever hear the warning about not killing "the Messenger?" Pain is a messenger, the way the body talks to someone. It is a cry for better nutrition...whole foods nutrition, especially concentrated whole foods, so that the body can heal itself. I don't know where you were trained, but you have fallen into the ungodly syndrome that the body can't help itself, and, if there isn't a drug for a "disease" better called "dis-ease," then nothing can be done. Nothing is further from the truth, but apparently you either disbelieve what God set up the body to do, or you haven't been informed as to how the body works.

If concentrated whole foods, such as spirulina or algae or whole herbal foods were made easily accessible to the public, especially to senior citizens, there would be a great deal less illness, suffering, and expense to the hard-working taxpayer. People are turning away from allopathic medicine, because most problems are caused by malnutrition, not a specific disease. Therefore, the body needs what builds healthy cells, not drugs. Not one healthy cell is built by a drug. The body cannot heal without whole foods, cannot rebuild healthy cells, and will indeed replace dead cells with unhealthy cells.

You probably know that the body replaces itself every several years, some parts of it much sooner. Pain medication won't help this to take place, will, in fact, impede healing. Why can't you recommend what is obvious...put the best nutrition into your body and eventually the pain will go away? There are people all over this country who have overcome so-called incurable diseases just by concentrating on super-nutrition. Yet all the FDA can do is recommend drugs. You are following a sad path, because you are causing suffering. Do you really want this on your conscience? Why can't you come right out and tell people that super-nutrition (concentrated whole foods) will heal a body? I personally know someone who beat MS, another who beat severe long-term depression, another who healed from the ravages of polio...the list goes on, but apparently the FDA pays no attention to these people who rebuilt their lives with what God intended to be put into the body.

God was not so foolish as to create a body that had to rely on expensive pharmaceutical drugs. In extreme cases of life and death, yes, they are necessary at times, but you're assuming that people need them all the time. Medicare is a hoax due to the distortions of allopathic medicine. And I doubt that the FDA is serving the people well when you recommend pain medication. Vitamin C would do much better and be a lot less expensive.

In Europe, at least in Austria, a supplement is given FREE to elderly people to resist senility and other problems of aging, yet this country does nothing but cause more suffering. The greatest killer of the elderly is legal drugs. The cost to the taxpayer is ridiculous, when sound nutrition (and I don't mean a huge plate of stuff you get from the grocery store, unless it's organic) could save suffering. How simple! Please be wise and learn the better path. *Please!*

Respectfully,

*Marcia J. Greenshields*

